



BIRTH CONTROL AND LUPUS

Women with lupus have many great birth control options!

Recommendations based on the 2020 ACR Reproductive Health Guidelines*

STEP 1

To choose the best method for you, talk with your doctor to find out if you:

- have high lupus activity
- have urine protein (proteinuria) >3g
- are positive for antiphospholipid antibodies (aPL)
- are at high risk for blood clots

HIGHLY EFFECTIVE
<1% pregnant each year

STEP 2

Work with your primary care doctor or gynecologist to get started on the birth control option that fits best with your goals, your life, and your body.

EFFECTIVE
6-9% pregnant each year

EMERGENCY CONTRACEPTION IS SAFE!

Accidents happen. Emergency Contraception (the "Morning After Pill," Plan B,[®] and similar medications) effectively prevent pregnancy if taken within 3 days of having sex. These are **safe** for all women with lupus, even women at high risk for blood clots.















No prescription is needed and you can buy it from your local pharmacy or Amazon. Emergency contraception does not cause an abortion.

Your gynecologist has other options for emergency contraception that work up to 5 days after sex.

INEFFECTIVE
10-25% pregnant each year

Want more information? Here are some great online places to go for more details:

www.bedsider.org
www.acog.org/Patients

Contraceptive Method	✓ Recommended	✗ Not Recommended
ALL women can use these 3 MOST effective methods		
Tubal Ligation/ Vasectomy 	✓	
Implant 	✓	
IUD 	✓	
Recommendation based on:	LOW blood clot risk	HIGH blood clot risk
	LOW lupus activity	HIGH lupus activity
		-Prior blood clot -Positive aPL -Proteinuria >3g
Depo Provera 	✓	✗
Pill with estrogen 	✓	✗
Ring 	✓	✗
Patch 	✗	✗
Mini Pill 	✓	✓
ALL women can use these LEAST effective methods		
Condom 	✓	
Diaphragm 	✓	
Sponge 	✓	
Cervical Cap 	✓	
Spermicide 	✓	
Fertility Awareness 	✓	

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www.LupusPregnancy.org

*ACR Reproductive Health Guidelines
Sammaritano et al Arthritis & Rheumatology Feb 2020